VIDEO TRAINING RECORD	
VIDEO TITLE Safe Playgrounds	**VIDEO ID NUMBER** PARKS002

KEY TEACHING POINTS OF THE VIDEO

PLAYGROUND SAFETY CONCEPTS

This Video is designed to provide an overview of the importance of Supervision. Age appropriate design. Falls to surfaces and Equipment maintenance for playground safety. Although being safe on the playground is everyone's responsibility, adults have a role in providing safe play environments. Not all injuries can be prevented. However, procedures can be practiced to enhance supervision, provide age appropriate equipment, select proper surfacing and improve maintenance which will make each playground a SAFE place to play.

SUPERVISION on the playground is important to ensure children play safely. Supervision may prevent children from being hurt.
- Before children enter the playground, adults should check the area for broken glass, pop tops, nails, large sticks or other harmful debris.
- Equipment should be checked for excessive wear and tear.
- Beware of blind spots.
- During inclement weather, be sure that water or ice has not formed under slides and swings.
- When supervising, keep a watchful eye. Focus on the children, not on conversations with other adults.

AGE APPROPRIATE DESIGN of equipment provides challenges for children without introducing unnecessary risks. Children should play on equipment for their developmental age level.
- One size does not fit all children. Equipment is designed for children from ages 2 - 5 or 5 - 12. Place children on appropriate pieces of equipment.
- Preschool children should not be on equipment any higher than they can reach, with a maximum of 6 feet.
- School age children (5 - 12) should be limited to equipment that is 8 feet high.
- Elevated platforms and ramps should have guardrails or barriers.
- All components children grasp, including handrails and rungs, should be 1" - 1½" in diameter.
- Check spacing between ladder rungs, steps, deck levels, and swinging exercise rungs to determine which age group should be using the equipment.

FALLS TO SURFACES can be prevented by encouraging children to grip the equipment carefully. Falls are less likely to create injuries if loose surface is deep enough to absorb the impact and made of sand, pea gravel, wood products, rubber products or synthetic mats. Guidelines include:
- Do not allow children to play on equipment places over asphalt, cement, dirt or grass. They may get a concussion or serious injury from a fall.
- Be sure that the loose fill surfacing under and around the equipment is 12" deep or use synthetic materials.
- Surfacing should extend at least 6 feet around stationary equipment.
- Surfacing at the end of slides should extend out the distance of the height of the slide platform + 4 feet.
- Surfacing under swings should extend twice the height of the swing set both in front and in back of the swing.

EQUIPMENT MAINTENANCE also includes the protective surfaces. Litter should be picked up, broken equipment must be repaired, and loose surface materials must be replaced (specially under swings and at the end of slides). Guidelines include:
- Check for V-openings that might entangle strings or loose clothing.
- Check for potential pinch points in see-saws and suspension bridges. If the playground has rope equipment, is should be anchored at both ends to prevent a loop or noose from forming.
- Check for open S-hooks and swing chains that need replacing.
- Look for trip hazards such as concrete footings and tree roots.
- Look for protruding hardware such as bolts
- Look for rust and peeling paint missing or worn, sharp parts or edges

QUESTION	ANSWERS	
	TRUE	**FALSE**
1 Litter should be picked up, broken equipment must be repaired, and loose surface materials must be replaced.		
2 Equipment is designed for children from ages 2 - 5 or 5 - 12.		
3 Surfacing under swings should extend twice the height of the swing set both in front and in back of the swing		
4 Surfacing should extend at least 6 feet around stationary equipment.		
5 Equipment should be checked for excessive wear and tear.		
EMPLOYEE'S NAME	**EMPLOYEE'S SIGNATURE**	**DATE**
INSTRUCTOR'S NAME	**INSTRUCTOR'S SIGNATURE**	**DATE**

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